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HOPI TRIBE – DEPARTMENT OF HEALTH AND HUMAN SERVICES COVID-19 EMERGENCY RESPONSE – July 2, 2020 REPORT

KYKOTSMOVI, AZ – July 2, 2020 — Stigma is discrimination against an identifiable group of people, a place, or a nation. Stigma is associated with a lack of knowledge about how COVID-19 spreads, a need to blame someone, fears about disease and death, and gossip that spreads rumors and myths. Public health emergencies, such as this pandemic, are stressful times for people and communities.

Fear and anxiety about a disease can lead to social stigma, which is negative attitudes and beliefs toward people, places, or things. Stigma can lead to labeling, stereotyping, discrimination, and other negative behaviors toward others. Stigma hurts everyone by creating more fear or anger toward ordinary people instead of focusing on the disease that is causing the problem. Stigma can also make people more likely to hide symptoms or illness, keep them from seeking health care immediately, and prevent individuals from adopting healthy behaviors. This means that stigma can make it more difficult to control the spread of an outbreak. Please do your part to stop stigmas, and help stop the spread of rumors or misinformation. Help stop the spread of COVID-19.

Here is a quick overview of the COVID-19 statistics on a national, state, and local level:

As of this date – July 2, 2020

The United Sates now has over 2.6 million confirmed positive cases with 54,357 new cases and over 128,024 deaths reported.

Over 87,425 confirmed positive cases now exist in Arizona. Of those, close to 3,744 are in Navajo County alone.

The Hopi Health Care Center has tested over 2,508 patients to this date. Over 309 of those tests at Hopi Health Care Center came back positive with 229 from Hopi Tribal members. Tuba City Regional Health Care Corporation reported 23 positives for Hopi Villages with a combined number of 252 positive Hopi Tribal members.

The information below provides a glimpse of the current numbers in those respective villages.

Hopi COVID-19 Reported Cases by Hopi Health Care Center Cases* July 2, 2020 Number Cumulative Total Cumulative Number Total Tested Tested Number in Number Positive Today Negative Process 82 309** 2,114 32 2,508

Note: These data include newly added testing results from the Abbott ID NOW machine since April 20, 2020.

| Number of Cases per Village as of July 2, 2020 | Reported by HHCC | Reported by Tuba City Regional Healthcare Corporation | Total |
|--|---------------------|--|-------|
| Kiqötsmovi | 7 | 2 | 9 |
| Orayvi | 7 | | 7 |
| Polacca | | | |
| (Walpi-Sitsom'ovi- | 108 | 1 | 109+ |
| Tewa) | | | |
| Musangnuvi | 4 | | 4 |
| Supawlavi | 14 | | 14+ |
| Söngoopavi | 62 | | 62 |
| Yuwelu-paki | 5 | | 5 |
| Paaqavi | 2 | | 2 |
| Hotvela | 7 | 3 | 10 |
| Keams Canyon | 8 | 1 | 9 |
| Upper Munqapi | | 7 | 7 |
| Lower Munqapi | | 9 | 9 |
| Phoenix | 1 | | 1 |
| Winslow | 4 | | 4 |
| TOTAL | 229 | 23 | 252 |

- * The information by villages presented above is released by the Hopi Department of Health & Human Services, and the data shown reflects patients tested at the Hopi Health Care Center and at the Tuba City Regional Health Care Corporation specifically on Hopi tribal members. One Hopi Tribal member was identified residing in the Phoenix metropolitan area. The data here does not include all state-wide data from other facilities such as Flagstaff, Winslow, Phoenix or other hospitals.
- ** A total of 252 individuals who tested positive are members of the Hopi Tribe.
- + Includes Village member(s) retested positive

Prevention:

Watch for symptoms. People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness.

Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms or combinations of symptoms may have COVID-19:

- Cough
- Shortness of breath or difficulty breathing
- Or at least two of these symptoms:
- Fever
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell

Children have similar symptoms to adults and generally have mild illness.

This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning to you.

Education: All across our Hopi Reservation, the Tribe have taken steps together to slow the spread of Coronavirus. Now, *WE MUST CONTINUE* to take personal responsibility to protect ourselves and our loved ones. Because even though not all of us risk a severe case of the virus, we all risk getting the virus and spreading it to others – maybe without realizing we're sick. If we want to get back to school, back to work, back to ceremonies, and back to overall health, we need to: *FOLLOW* tribal, state and local guidelines, TAKE extra precautions if we are at higher risk WASH our hands frequently. STAY six feet from others when we can; And WEAR face coverings in public when we can. These small actions will make a big difference. Say it with me, Hopi/Tewa: Coronavirus stops with me! You can learn more by visiting the Centers for Disease Control (CDC) and Prevention webpage.

According to CDC's newly released report, during 2009–2019, more than 100 disease outbreaks in 31 states were linked to swimming in oceans, lakes, and rivers.

Because of the challenges of stopping the germs that cause these outbreaks, it is critical to educate swimmers and parents about ways to prevent infection with these germs when they visit oceans, lakes, or rivers.

Stay out of the water if

- Signs say the swim area is closed.
- The water looks cloudier than usual. Cloudy water can be a warning that there are more germs in the water than normal.
- You see any pipes draining into or around the water.
- You are sick with diarrhea.
- You have an open cut or wound (especially from a surgery or piercing). If you do go in the water while a cut or wound is still healing, use waterproof bandages to completely cover it.

Once you are in the swim area

- Don't swallow the water.
- Keep sand away from your mouth and children's mouths.
- Don't poop in the water.
- Every hour—everyone OUT—to keep poop and pee out of the water.
- Wash your hands for 20 seconds before eating food, especially if you have been playing in or touching sand. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol. Hand sanitizer might not be as effective when hands are visibly dirty or greasy, so wiping sand off before using it might be helpful.

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For questions of more information, please call the

The Hopi Tribe, Office of the Chairman at (928) 734-3102, OR Office of the Vice Chairman (928) 734-3113.